

# August 2006



## Safe Sleep for Your Baby: Ten Ways to Reduce the Risk of Sudden Infant Death Syndrome (SIDS)

Health Information – SIDS “Back to Sleep” Campaign

### Fast Facts About SIDS

Is the leading cause of death in infants between 1 month and 1 year of age.

Most SIDS deaths happen when babies are between 2 months and 4 months of age

African American babies are more than 2 times as likely to die of SIDS as white babies

American Indian/Alaskan Native babies are nearly 3 times as likely to die of SIDS as white babies.

### Safe Sleep Top Ten

1. Always place your baby on his or her back to sleep for naps and at night.
2. Place your baby on a firm sleep surface, (safety approved) covered by a fitted sheet.
3. Keep soft objects, toys and loose bedding out of your baby's sleep area.
4. Do not allow smoking around your baby.
5. Keep your baby's sleep area close to, but separate from, where you and others sleep.
6. Use a clean, dry pacifier when placing the infant down to sleep.
7. Do not let your baby overheat during sleep.
8. Avoid products that claim to reduce the risk of SIDS, (most haven't been tested)
9. Do not use home monitors to reduce the risk of SIDS.
10. Reduce the chance that flat spots will develop on your baby's head, (provide “Tummy Time” when baby is awake.

### Volume 7 Issue 2

### What's Inside

**Healthy Tip Lane**

**Graduates**

**New Arrivals**

**Past Events**

**Up-Coming Events**

### Newsletter Committee

**Nichole Baker**

**Ronnie Brown**

**Sharri Carter**

**Schannon Clayton**

**Ryan Irvine**

### Healthy Start Service Report April, May and June 2006

Total number of case-managed services: 1,723

Case-manager services provided to pregnant: 1,082

Services provided by nurses: 198

Services provided to infant and/ child clients: 443

New clients enrolled in Healthy Start program: 85

Number of Parenting/ Talk shop classes to clients: 9

Total number of participants attending the classes: 45

Women who were visited by the case manager: 281

Number of women visited by the nurses: 188

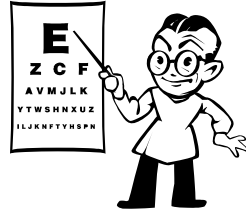
Infants / children visited by resource mother: 248

Deliveries to Healthy Start Clients: 25

# Healthy Tip Lane

## Eye Examinations

This requirement is only for students, between the ages of 3 and 6 years old, (first year at lowest level: public school, public preschool, or Head Start) Present the completed Kentucky Vision Examination form no later than January 1 of the first year that the child is enrolled in a public school, public preschool or Head Start. An optometrist or ophthalmologist must complete this examination.



## Immunizations

Immunizations are required for attendance at day-care centers, certified family child-care homes, other licensed facilities that care for children, preschool programs, school, and when ten (10) years have elapsed from the last dose of DTP, DTaP, or Td. Each student shall have the **Kentucky Immunization Certificate**, (an original, not a copy, is requested) on file **within two weeks** of enrollment. Generally the required vaccines and doses are as follows:



- **Measles, Mumps, Rubella (MMR)** Required for Preschool or Head Start children who have reached their 4th birthday.
- **Hepatitis B** -Three (3) doses required for Students in Preschool, Head Start, and Kindergarten through 6th grade and students whose birth date is 10/1/92 or later.
- **Diphtheria, Tetanus, Pertussis (DTP, DTaP, Td)** - Requirements of four (4) doses with first (1) dose on or after the 4th birthday
- **Students 11 or 12 years of age with a 5 year time lapse since their last DTP or TD should have a Td booster. Students 13 or older, for whom ten (10) years have elapsed since the last DTP, DTaP, or Td, require one booster of Td vaccine.**
- **Varicella** (Chickenpox) – First dose, given on or after age unless a parent, guardian, or physician states that the child has had chickenpox disease.
- **Preventative Health Care Examination Requirements:**

A completed Preventative Health Care Examination form for Kentucky school children is required within two (2) months after the first day of attendance in a Kentucky School.

**Head Start through 4th grade:** Preventative Health Care Examination—Initial Entry

**Grades 5th through 12th:** Preventative Health Care Examination—Sixth Grade Form



## A MASSAGE FOR BABY

Infant massage is common in many lands and is becoming popular in some western countries. The massage is a tender and pleasant technique that enables a parent to communicate physically and emotionally with the baby. It includes gentle strokes of the baby's feet and legs as well as his/her back, chest, stomach, arms and face. The baby gets a feeling of love and tenderness. Massaging can help cement a bond of affection between parents and their baby right from birth. Apart from expressing love, the massage may teach a baby to relax, which may contribute to longer sound sleep. For babies a massage is more than just a rub. It is love expressed by warm hands and gentle fingers, along with a big smile.

## *Healthy Tip Lane Cont.*

### **FACTS ABOUT MARIJUANA USE DURING PREGNANCY**



- When you smoke marijuana, you can't make healthy decisions that are good for your baby.
- The food you eat, the beverages you drink, the drugs you take pass from you to the baby.
- Marijuana can cut off the oxygen and food supply to the baby in your womb, making it hard for the baby to grow.
- Marijuana can give your baby the “shakes”. This will make it hard to comfort your baby and settle him or her down.
- Marijuana can enter the baby through the mother's breast milk.
- Marijuana smoke from other people can cause your baby to cough, to have trouble breathing, and to have lots of colds and ear infections.

Children exposed to marijuana when in the womb can have trouble learning to talk when they are young and can have trouble paying attention to what you say. Also children will be more likely to have learning problems in school i.e. trouble paying attention, being aggressive and being easily thrown off track when they are trying to think or to solve a problem.



### ***GRADUATION FROM HEALTHY START***

Amari Martin (Infant) 6/27/2006

LaShonda Masden (Infant) 6/21/2006

Rosshell Masden (Mother)

## **"NEW ARRIVALS"**



Lamont Gaskin  
April 15, 2006  
7lbs. 8oz



Mark Coop  
April 21, 2006  
6lbs. 5 ½ oz



Micah Rivers  
March 1, 1006  
9lbs. 5oz



Camari Weaver  
June 11, 2006  
7lbs. 11oz



Miracle Bridgewater  
April 19, 2006  
6lbs. 2oz



Dontaisha Elliott  
April 1, 2006  
5lbs. 15oz



Darius Cathey  
May 8, 2006  
7lbs. 7oz



Caleb Thomas  
May 22, 2006  
5lbs. 15oz



Christian Tyrus  
June 2, 2006  
6lbs. 7oz



# LOUISVILLE SCIENCE CENTER

May 10, 2006 Healthy Start sponsored  
"Family Night" at the Louisville Science Center.



Science is great!



# "HEALTHY START IN TAMPA"



**THE LOUISVILLE HEALTHY START PROGRAM COLLABORATED WITH THE HEALTHY START PROGRAM IN TAMPA, FLORIDA AT THE REGIONAL CONFERENCE.**

# "MAY BABY SHOWER"

**May 25, 2006 Shawnee Community Center**

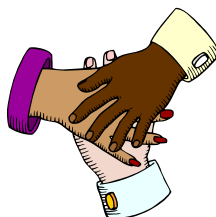
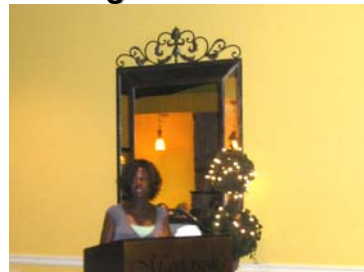


**Participants working hard to win a prize!**

**Ms. Jan instructs the participant.**

# ADVOCATES HARD AT WORK

**July 3, 2006 – "Masterson's - "Healthy Start Collaborating with the Community"**





# "Employee Appreciation"



Coordinators



Managerial Staff



Bridges of Hope Staff



Northwest Staff



Ujima Staff



***Ms. Geneva Nelson – Guest Speaker empowers the employees of Healthy Start***



- \* ***Confidence in the employee, diligent in their work habits***
- \* ***Show appreciation by saying so "Great Job"***
- \* ***Demonstrating the confidence in employees performance***

# "UP-COMING EVENTS"

**KENTUCKY STATE FAIR**  
**AUGUST 17 – 27, 2006**  
**KENTUCKY EXPOSITION CENTER**  
**7A.M. – MIDNIGHT**

**WORLDFEST ON THE BELVEDERE**  
**SEPTEMBER 1 – 2, 2006**  
**BELEVEDERE**  
**11A.M. – 11 P.M.**

**HEALTHY START BABY SHOWER**  
**SEPTEMBER 21, 2006**  
**1:00 P.M. – 3:00 P.M.**  
**BRIDGES OF HOPE**  
**NEIGHBORHOOD PLACE**

**Clients who have delivered or due July August & September**

**ST. JAMES ART FAIR**  
**OCTOBER 6 – 8, 2006**  
**ST. JAMES COURT**  
**10 A.M. – 6 P.M.**



Healthy Start  
1411 Algonquin Pkwy  
Louisville, Ky 40210

## **TALKSHOPS**

### **Neighborhood Place Northwest**

Shawnee High School  
4018 West Market Street  
1:30 P.M. – 3:30 P.M. (Thursday)  
Ronnie Brown (502) 634-6089

AUGUST 2<sup>ND</sup>-----HIV/STD

AUGUST 9<sup>TH</sup>-----CHILD SAFETY

AUGUST 16<sup>TH</sup>-----BREAST FEEDING

AUGUST 23<sup>RD</sup>-----IMMUNIZATION

AUGUST 30<sup>TH</sup>-----PARENTING 101

## **TALKSHOPS**

### **Neighborhood Place Bridges of Hope**

1411 Algonquin Pkwy.  
1:30 p.m. – 3:30 p.m. (Wednesday)  
Ronnie Brown (502) 634-6089

AUGUST 2<sup>ND</sup>-----HIV/STD

AUGUST 9<sup>TH</sup>-----CHILD SAFETY

AUGUST 16<sup>TH</sup>-----BREAST FEEDING

AUGUST 23<sup>RD</sup>-----IMMUNIZATION

AUGUST 30<sup>TH</sup>-----PARENTING 101

## **TALKSHOPS**

### **Neighborhood Place Ujima**

3610 Bohne Avenue  
6:30 p.m. – 8:30 p.m.  
Deborah Turner (502) 595-5642

**“On Break Until Further Notice”**

